

Name: Natalie Su, Alexander Su, Laura Bornhoevd, Nikhil Nunna

Username: natalie12

Instagram: @pgc_cmontgreenteam

Email address: sunatalie12@gmail.com

School: Carlmont High School, CA

Entree:

Poached eggs in nests of greens: total cost is around \$9 + around \$1 from additional ingredients like spices and oil, so around \$2.5/person (4 servings)

FLOSN percentage: 75% of ingredients are FLOSN, while water and black pepper are not

- 1 Tablespoon organic olive oil
 - Source: already had at home
 - Cost: N/A
- ¼ organic onion, chopped
 - Source: farmers market
 - Cost: \$1
- 1 clove organic garlic, minced
 - Source:
 - Cost:
- 2-3 cups organic leafy greens (I used chard and spinach)
 - Source: farmers market
 - Cost: \$7 in total
- 1 Tablespoon water
 - Source: already had at home
 - Cost: N/A
- 4 cage-free non-gmo eggs
 - Source: grocery store
 - Cost: ~\$1
- Freshly ground black pepper
 - Source: already had at home
 - Cost: N/A
- Organic paprika:
 - Source: already had at home
 - Cost: N/A



Side dish:

Rustic cornbread: around \$0.30/person (makes around 10 servings)

FLOSN percentage: 66% of ingredients are FLOSN, while baking powder, baking soda, and salt are not

- 1 cup organic cornmeal
 - Source: grocery store
 - Cost: \$2
- 1 ⅓ cup buttermilk (I used organic flaxseed milk + white vinegar instead)
 - Source: grocery store
 - Cost: \$0.30
- 1 cup unbleached AP flour
 - Source: already had at home
 - Cost: N/A
- ¼ cup organic sugar
 - Source: already had at home
 - Cost: N/A
- 2 tsp baking powder
 - Source: already had at home
 - Cost: N/A
- ½ tsp baking soda
 - Source: already had at home
 - Cost: N/A
- ½ tsp salt
 - Source: already had at home
 - Cost: N/A
- 2 cage-free non-gmo eggs
 - Source: grocery store
 - Cost: \$0.50
- ¼ cup melted Butter (I used vegan soy butter instead)
 - Source: grocery store

- Cost: \$0.10



Veggie:

Roasted brussels sprouts with onions: around \$1/person (around 6 servings in total)

FLOS percentage: 60% of ingredients are organic, while the salt and black pepper are not

- 1 lb organic Brussels sprouts
 - Source: farmers market
 - Cost: \$5
- ½ organic onion
 - Source: farmers market
 - Cost: \$1
- 1 Tablespoon organic olive oil
 - Source: already had at home
 - Cost: N/A
- 1 teaspoon salt
 - Source: already had at home
 - Cost: N/A
- ½ teaspoon black pepper
 - Source: already had at home
 - Cost: N/A

Total cost of entree + side dish + veggie = \$2.80/person

Total FLOS percentage: 67%, however the only ingredients that were not FLOS were water, salt, pepper, baking soda, and baking powder, which don't commonly come with a certified organic option.



Instagram post:



Reflection:

- Was it easy to stay on budget? How did FLOSN food costs stack up?
 - It was actually relatively easy to stay on budget, considering that all of my dishes were relatively simple, with vegetables or eggs being the big ticket items. For all of the veggies, I went to the farmers market and was able to find items that were on par with grocery market prices, but they were still manageable in sticking to the \$4/person budget, especially since all of the dishes I were making would create quite a few servings.
- Did you have to travel far to purchase ingredients?
 - No I didn't have to travel far, all of the ingredients I sourced were within a 10 minute drive. For my produce, it was about a 5 minute drive to the local farmers market. For things like eggs that I got at the grocery store, it was around a 10 minute drive.
- How far did the food travel to your local market?
 - For the veggies from the farmers market, most of them were from towns that were around 50 miles away. However, for the eggs that I purchased from the supermarket, all I know is that they were produced in the country.
- What I learned from the process:
 - I learned about how cooking a meal that is mostly organic/locally sourced is not as expensive or challenging as it may seem. Usually, I don't go to the farmers market, however after today I was able to see how it is not outrageously expensive to get high quality food that has traveled almost directly from the farmers. Additionally, I was able to cook some meals from the Conscious Kitchen Cookbook that are very healthy!
- How I managed leftovers + food waste:
 - In terms of leftovers, I packaged all remaining food and refrigerated it. We will eat this as leftovers over the next day or two, making sure not to waste any. As for food scraps like the stems from spinach or chard, we have saved them and will use them in smoothies!